



Athletics Canada/Run Canada
Measurement Certificate

Name of the course 10 km de la Course Saint-Laurent Distance 10 km
Location (city) St-Laurent (province) Québec
Type of course: road race calibration track Configuration: Loop (2 laps)
Type of surface: paved 100 % dirt _____ % gravel _____ % grass _____ % track _____ %
Elevation (meters above sea level) Start 31 m Finish 31 m Highest 35 m Lowest 31 m
Straight line distance between start & finish 205 m Drop 0 m/km Separation 2 %
Measured by (name, address, phone & e-mail) Laurent Lacroix 131 Sunnyside Blvd.
Winnipeg, MB, R3J 3M1 Judith Lefebvre, Michel Brochu, Phillipe Lottin
Race contact (name, address & phone) Michel Brochu 11911 Poincaré
Saint-Laurent, QC, H3L 3L6 514-956-7966
Measuring Methods: bicycle steel tape electronic distance meter
Number of measurements of entire course: >5 Date(s) when course measured: July 7/2013
Race date: April 14/2014 Course paperwork submission date: Oct. 28/2013
Expires: Dec. 31/2023 (if applicable) Certification code: QC-2013-150-BDC

Notice to Race Director
Use this Certification Code in *all* public
announcements relating to your race.

Be It Officially Noted That

Based on examination of data provided by the above named measurer, the course described above and in the map attached is hereby certified as reasonably accurate in measurement according to the standards adopted by the Road Running Technical Council. If *any* changes are made to the course, this certification becomes void, and the course must then be recertified.

Validation of Course — In the event a National Open Record is set on this course, or at the discretion of Athletics Canada/Run Canada, a validation remeasurement may be required to be performed by a qualified measurer. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course certification will be cancelled.

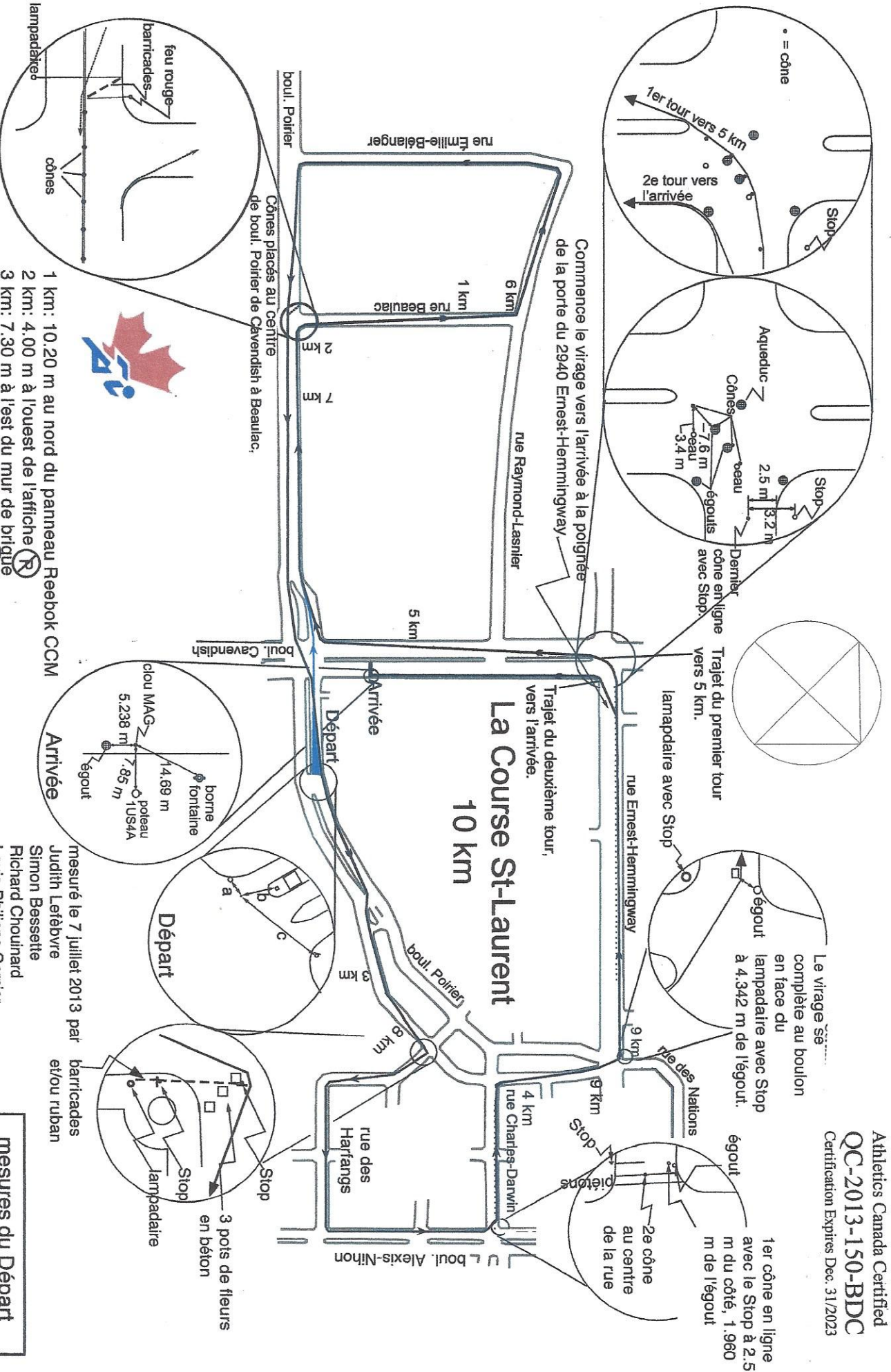
This certification expires on December 31 in the year 2022

AS NATIONALLY CERTIFIED BY:

 Date: Nov. 16/2013
Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com



La Course St-Laurent 10 km

- 1 km: 10.20 m au nord du panneau Reebok CCM
- 2 km: 4.00 m à l'ouest de l'affiche **R**
- 3 km: 7.30 m à l'est du mur de brique
- 4 km: 7.50 m au nord du poteau **R**, sens unique, virage à droite
- 5 km: 22.50 m au sud de la borne fontaine 1B-972
- 6 km: 1.50 m à l'ouest du Stop devant l'abrius STM
- 7 km: 16.80 m à l'ouest de l'affiche et 1.10 m à l'est de l'égout
- 8 km: 3.40 m à l'ouest du mur de brique devant l'abrius STM
- 9 km : 1.50 m au nord du Stop et 0.50 m de l'égout

- mesuré le 7 juillet 2013 par
- Judith Lefebvre
- Simon Bessette
- Richard Chouinard
- Louis-Philippe Garnier
- Sylvain Francoeur
- Patrick Mahony
- Marcel Gagnon
- Philippe Lottin
- Michel Brochu
- Laurent Lacroix

mesures du Départ

- a: 4.362 m de l'égout
- b: 13.280 m de la base du poteau avec l'intervox
- c: 24.709 m du lampadaire avec Stop